



Erasmus+

PEALS

PHYSICAL EDUCATION – ACTIVE LIFESTYLE
PROGRAM

Date	Time Place	Program for all	Program for teachers	Program for students
10 February Sunday	Hungary, Czech Republic – at the bus station Lithuania, Greece – at hotel “Madona”	Arrival – meeting guests .		
11 February Monday	9.00 MVĢ Room 104	Welcoming. - Meeting the school’s headteacher. - School presentation.		
	9.50 – 10.15	Coffee break		
	10.30 – 12.00 Sports Centre Gaujas iela 13		Management meeting: - Program, costs. -Mobility in Lithuania.	Warm-up activities.
	12.15 – 12.50	Lunch at school canteen		
	13.00 Town Hall	Meeting the representative of Madona Municipality and getting acquainted with sports activities of the region		
	14.15 – 15.15 Sports Centre	Presentations/videos “Sport in my country” 10 min for each country		
	15.15-15.30	Coffee break		
	15.30 – 17.00 Sports Centre	National dances.	17.00 – Excursion to the local winery.	
12 February, Tuesday Snow day	8.10 – 8.50 9.00 – 9.40		Attending 1 lesson	Taking part in 2 lessons with host students
	9.50-10.15 Reading room	Coffee break		
	10.20	Taking bus from school to “Smeceres Sils”		
	10.30 - 17.00 Sports and recreation centre “Smeceres Sils”	Snow Day: 10.30 – 12.30 cross-country skiing 13.00-13.30 lunch (is delivered) 14.00-15.00 – biathlon 15.20 – 16.00 – Tea time		





		16.00-16.50 - relay 17.00 – going home by rented bus or parents' car.		
13 February, Wednesday One day trip to the capital of Latvia – Riga.	8.30 12.00	Departure from MVĢ - Visiting the Sports Museum - Meeting famous Latvian sportsman.	Take a packed lunch with you	Take a packed lunch with you
	14.00	The Art Museum RIGA BOURSE		
	15.30	- Skating and dinner at Lido Leisure Centre (students and teachers from each country pay themselves)		
14 February, Thursday	9.00 - 9.50		Free time/ visiting a lesson	Taking part in 1 lesson.
	9.50-10.15	Coffee break		
	10.15- 12.10		At the Sports Centre. Management meeting: - Studying PE curriculum, extra-curricular good practices, goals of PE lessons.	Reading room/ Room 303. Preparing presentations for the Final Event
	12.15 – 12.45	- Lunch at school canteen.		
	12.45- 14.50			A walk around Madona with host students
	15.00-16.00 Sports Centre	- Watching aerobics competition.		
	16.00-17.30 Sports Centre		Teachers can join students.	Sports games in transnational teams
	18.00 - Kindergarten "Saulīte" Raiņa iela 17, Madona	- Final event. Presentations. Certificates. Evaluation of the exchange. Dinner.		
15 February, Friday			9.30 A trip to Sigulda	Family day
16 February, Saturday		Departure – farewell to guests at the bus		





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